



Wexford CYPSC Newsletter

October 18th 2024

For information on services and supports for children, young people and families see [Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or access on [Facebook](#)



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PARENT SUPPORTS

► Supporting your Child's Positive Mental Health in the Early Years – Free Online Information Sessions from the National Parents Council



We are excited to announce a series of **FREE online information sessions** on “Supporting your child’s positive mental health in the early years” hosted by the National Parents Council (NPC).

Why Attend?

The first five years of a child’s life are crucial for their long-term positive mental health. Our programme, developed in partnership with St. Patrick's Mental Health Services, aims to equip you with the knowledge and tools to support your young child’s mental health at home.

Session Details:

These sessions will be held online via Zoom, offering you flexibility to join from the comfort of your home during the week of the **21st of October 2024**.

Dates and Times:

- **Monday 21st:** 7.30pm
- **Tuesday 22nd:** 10am - 7.30pm
- **Wednesday 23rd:** 10am - 7.30pm
- **Thursday 24th:** 7.30pm
- **Friday 25th:** 10am

What You Will Learn:

- **Meeting your child's needs:** Understanding how everyday life impacts mental health.
- **Coping with challenges:** Helping your child manage emotions and overcome obstacles.
- **Nurturing relationships:** Developing a strong, positive bond with your child.
- **Building resilience:** Supporting your child to become resilient.
- **Children's Rights:** Ensuring your child has the opportunity to live a mentally healthy life.
- **Five Ways to Wellbeing:** Practical tips for maintaining mental well-being.

How to Register:

Secure your spot now for free by [clicking here](#)

Don't miss this opportunity to enhance your parenting skills and support your child's mental well-being. We look forward to seeing you online!

Places are limited and will be allocated on a first-come, first-served basis.

This program is designed to empower parents with valuable insights on supporting their children's mental health through everyday interactions. We encourage you to take advantage of this opportunity to gain valuable knowledge and skills in supporting your child's mental health journey.

Warm Regards,
National Parents Council

Useful Resources

["Supporting Your Child's Positive Mental Health"](#) Leaflet

► **Reminder: Register for Participation, Play and Recreation Seminar 30th October**



Following our invitation to the Participation, Play and Recreation Seminar, this is a reminder to register for the event at the **Aviva Stadium on Wednesday the 30th October**.

The event has been designed with Local Authority personnel as the key target audience, bringing together people working in a variety of roles such as planners, Comhairle na nÓg coordinators, engineers, heritage offices, arts officers and many more.

Registration is available from this link: <https://www.ticketsource.eu/participation-play-and-recreation-unit>

If you have already registered, thank you, and we will see you at the Aviva.

We look forward to meeting you at the **Aviva Stadium on Wednesday the 30th October** .

YOUNG PEOPLE

► 'That Feeling When' Youth Mental Health Video Resources



Do you ever get that feeling when..?

Being a teenager can have lots of ups and downs. Sometimes, it can be difficult to know how to manage strong feelings, or to ask others for help. This series of short videos have been created specifically for teenagers. They provide helpful information about coping with common mental health difficulties, and where you can go if you need some extra support.

Let's start the conversation here!



A new youth mental health project which has been developed by Carlow Primary Care and Child Psychology Service and the Carlow Children and Young Persons Services Committee.

- Do you ever get that feeling when... you are stressed?
<https://www.youtube.com/watch?v=Nfiw651heEo>
- Do you ever get that feeling when ... you are anxious?
<https://www.youtube.com/watch?v=IN4vwdVDfCM>
- Do you ever get that feeling when... you are relaxed?
<https://www.youtube.com/watch?v=GIB8gITHZ5A>
- Do you ever get that feeling when ... you are low?
<https://www.youtube.com/watch?v=ZbD09QGqRg8>
- Do you ever get that feeling when... you are trying to find yourself?
<https://www.youtube.com/watch?v=koYfN4fUqPU>

We are delighted to finally be able to launch this initiative. We hope the videos we have developed will provide some really useful information for young people and encourage conversations about mental health. Please feel free to share details of this campaign with other staff members or service users as we want to make it reach as many people as possible!

Megan Mitten | Psychologist Assistant | Primary Care and Child Psychology Service

HSE | Carlow Primary Care | The Plaza | Shamrock Square | Green Lane | Carlow | R93 T8Y6

Administrator 056-7732018

Email: megan.mitten@hse.ie

SURVEY

► Swim Ireland - Women in Sport Community Survey



On the back of International Day of the Girl 11th October and the launch of Sport Ireland - Her Moves Campaign [#ItsComplicated](#) Swim Ireland is seeking feedback from women and girls to help us shape our 2025 Women in Activity Calendar, continuing our mission to create an island of swimmers.

We would be very grateful if you would please share the survey link below with your networks/groups that you are in contact with, as we would like to hear from as many women and girls as possible to help us understand what they enjoy, if they are an active swimmer, or if not, what is preventing them from participating.

It only takes 3-4 minutes to complete, and the survey is completely anonymous, please click the link below: -

[Swim Ireland Women in Sport Community Survey \(surveymonkey.com\)](https://www.surveymonkey.com)

Thank you for your assistance to help support the increase of aquatics opportunities for women and girls, it is greatly appreciated.

Kind Regards

Margo Finnegan
Community Manager
+353 (0)86 4678194
www.swimireland.ie

**SWIM
IRELAND**

An island
of swimmers

► Invitation to Official Launch of WorkAbility Inclusive Pathways to Employment Programme



Wexford Local Development Would Like To Invite You To Attend The Official Launch of The WorkAbility - Inclusive Pathways to Employment Programme

By

James Browne TD
Minister of State at the Department of Justice

Date: 1st November 2024
Time: 12.00 pm - 1.00 pm (followed by a light lunch)
Location: Riverside Park Hotel & Leisure Club Enniscorthy

The programme is employment focused, which aims to support disabled people to enter education and employment.

RSVP:

Sarah:
0873800615/ sarahbolger@wld.ie

Róisín:
0872151658/ rmcCarthy@wld.ie

FREE EVENT

BOOK YOUR PLACE HERE:
<https://www.eventbrite.ie/o/wexford-local-development-21742009111>



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



This project is co-funded by the Government of Ireland, through the Department of Social Protection, and the European Union.

The Programme will be launched by **Minister James Browne in the Riverside Park Hotel, Enniscorthy on Friday the 1st November at 12 noon.** There will be a light lunch served at 1pm immediately following the launch.

The WorkAbility: Inclusive Pathways to Employment Programme 2024-2028 is an employment focused programme which aims to support people with intellectual disabilities to enter education and employment. If you are available to attend if you could please RSVP by **Wednesday, 30th October** using the link to Eventbrite

BOOK YOUR PLACE HERE: <https://www.eventbrite.ie/o/wexford-local-development-21742009111>

Sarah Bolger
WorkAbility Co-ordinator

Mobile: 0873800615

Address: Wexford Local Development, 5 Slaney Place, Enniscorthy, Wexford. Y21FE81

Website: www.wld.ie

Registered Charity (RCN): 20068691



► Focus Ireland Information and Advice Service

Advice & Information Service

We can provide you with advice, information and advocacy if you are:

- experiencing issues with your accommodation
- currently experiencing homelessness
- in need of any other housing support.

Focus Ireland Advice and Information Service,
Contact us via our website:
[focusireland.ie/get-help/advice-and-information/](https://www.focusireland.ie/get-help/advice-and-information/)
Or call us on 01 6712555

FOCUS
Ireland

CHY 7200

Download the [information leaflet](#) here.

- Advice and Information to support you to keep your current tenancy
- Information on tenant and landlord rights and responsibilities.
- Information on housing eligibility and housing options.
- Advice on finding long-term housing.
- Support to access emergency accommodation or support while you're staying in emergency accommodation
- Information on services such as, social welfare, employment, education and health services

Customers or professionals can call Focus on 01- 6712555 or make contact through the online get help portal <https://www.focusireland.ie/get-help/advice-and-information/>.